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The month-long Muslim holiday means more than just fasting.

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Monday, October 25, 2004

Conestoga College, Kitchener

36th Year — No. 21

Looking for employment?

Attend Conestoga job fair to meet potential employers

By KRISTEN MCMURPHY

Tomorrow is a great opportunity to find that career or part-time job you've been looking for.

On Oct. 26 from 10 a.m. until 1 p.m. there will be a job fair held in the E-wing of Conestoga College. About 30 employers will be on hand to answer questions, give useful information and recruit students.

Bell World, Goodlife Fitness and Para Med Home Health Care are just a few of the employers scheduled to be at the job fair. Students should bring copies of their resume with them.

For those students who would rather do the job-hunting on their own time, workopolis-campus.com is a valuable resource worth checking out. It's a service that is available to current students, but can also be used by former students who have graduated within the past five years.

Students will need a special access code to log on to the site, which can be obtained from career services at 748-5220, ext. 3756. The website can still be accessed without the code,

but logging on will produce more search results.

Kimberlee Goad, a second-year general business student at the college, works with the career centre to help promote workopoliscampus.com.

"It's such a useful website, it's incredible that there are people who don't have a job," Goad says.

The website contains many listings for both part-time jobs and full-time careers. Some on-campus jobs are also posted.

"It's a really useful service and there are a lot of students who use it," Goad says.

One of the best features, she says, is the job alert. With this feature, students can enter information about the type of job they are looking for and receive an e-mail when a similar job is posted.

She will be on hand at the job fair tomorrow to answer any questions about Workopolis, and will also be stationed around the college on a weekly basis until March promoting the site.

For more information on the website, contact Goad at kgoad@rogers.com.

Leaf me alone

Janis Moriarity, 23, a third-year nursing student at Conestoga College, takes a rest in the fall leaves.

(Photo by Tim Murphy)

Fiddlers Green a true local haunt

*"Halfway down the trail to Hell,
In a shady meadow green,
Are the Souls of all dead troopers
cramped,
Near a good old-time canteen.
And this eternal resting place,
Is known as Fiddlers Green."*

— Anonymous

By DESIREE FINHERT

As ominous as the poem itself, the soldier's song has no known author. It was believed to be sung by the 6th and 7th Cavalry of the United States army in the 1800s.

But there is no uncertainty that Fiddlers Green is haunted, although, not by soldiers.

In 1885, long before it was Fiddlers Green Irish Pub, the building at 12½ Water St. in Cambridge was the post office.

The masterful, three-storey stone structure, with a bell tower overlooking the Grand River, was a pinnacle of order in old Galt.

But all of its respectability was clouded in intrigue when the postmaster's assistant was found hanging in the bell tower.

The current owner, Nash Cohen, calls himself the pub's historian and doesn't doubt that it's haunted. "The postmaster, William, had an affair with a girl, Emily," recounts Cohen.

Emily was distraught and wished to make the affair public, which would have caused a scandal. After a lovers' quarrel, Emily's body was found beyond the postmaster's attic

quarters. It is uncertain whether William or Emily was responsible for her untimely demise. But the outcome of her death has been well reported.

"We have Emily as our resident ghost here," Cohen remarks without concern. "There's been liquor bottles flying off the bar caught on film. And not falling off," he assures, "flying off!"

The surveillance inside the bar is extensive, both for security reasons and to know when Emily has been at work.

"You're on camera right now," Cohen's father, Marv, says over a house special of Irish stew.

The stories of the mistress are renowned. Each winter, the upstairs windows are boarded up and screwed shut. But twice the owner has found the windows open, like wide mouths breathing in the chilled air, and the screws cast aside.

A story more frequently told, comes from the male patrons who ascend from the basement. There are only two small rooms at the foot of the grand spiral stairs, the men's and women's washrooms. The rooms are hollow feeling with stainless steel fixtures, stall doors that clang shut and deep butcher-style cleaning troughs for sinks.

Marv says the decorating was done on purpose. He had all of the rubber stoppers removed from the stall doors to be sure that the doors would emit the shocking clatter

that echoes through the stone rooms.

But the real shock occurs when the men's washroom door flies open and a figure passes slowly by.

The staff jokes that the more the patrons drink, the more likely they are to see Emily.

The main floor is a pub and restaurant where bands are showcased. The back wall is fitted with a broad window overlooking the water and century buildings on the opposite bank. A two-level patio is neighbour to the Main Street bridge, sprawling directly below the clock tower.

The second floor is used for dancing. Pumpkin-orange and pitch-black paint were used to accentuate the ghostly depiction of a woman hanging on the back wall.

In the garish afternoon, the streaks of light through the windows make the room look harmless. But at night, the room is jumping with sweating bodies, techno music and a black strobe light that make the painting of Emily come alive.

Up the winding stairwell to the attic is another painted figure.

The white-washed attic has a sloped roof supported by open rafters. Currently outfitted with leather couches and a bar, the space is used as a lounge for visiting bands, but it may soon be converted into a martini bar.

Further into the upper regions of the building, manager Scott



(Photo by Desiree Finhert)

Fiddlers Green Irish Pub manager Scott Yanover looks out the attic window at Water Street in Cambridge. Unbeknownst to him, the ghost of Fiddlers Green looks back. This photo has been digitally altered by photo editor Tim Murphy to include Fiddlers Green's depiction of the ghost Emily.

Yanover is kind enough to escort curiosity seekers to the bell tower.

In a nook, beyond the quarters of the former postmaster, is a metal rung ladder ascending into a shaft in the ceiling.

A network of bells, chains, weights and pulleys hang in the tower with eerie stillness, just like Emily's body once did.

And even though Emily's body is gone her spirit has not moved on. Like the soldiers of Fiddlers Green she stays to drink for another day.

*"No trooper ever gets to Hell
Ere he's emptied his canteen.
And so rides back to drink again
With friends at Fiddlers Green."*

Now deep thoughts ...with Conestoga College

Random questions answered by random students

What are you going to
be for Halloween?



"My roommates and I are
going as firefighters."
Stef Riache,
third-year marketing

"My best friend and I
are going as slutty nuns,
so my boyfriend can be
our pimp."
Karin Bard,
*second-year police
foundations*



"I'm going as a cowboy,
'cause God bless Texas."
Nic Wiersma,
*first-year business
management*

"I'm going as a biker
chick, because I love
being wrapped in leather."
Kristen Heleniak,
third-year marketing

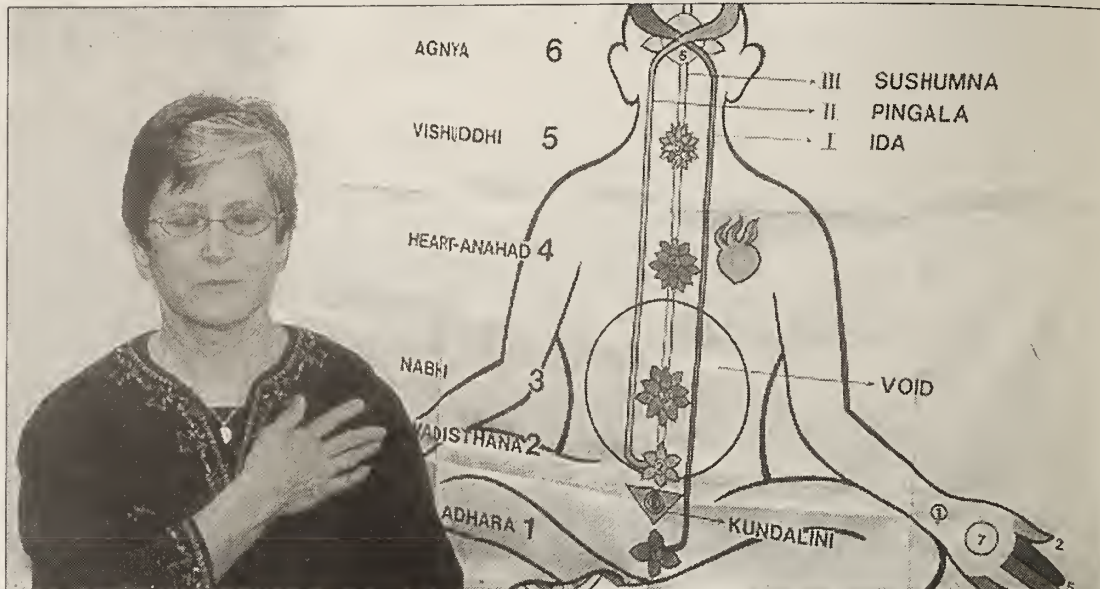


"I don't need a costume.
I'm going as an alcoholic."
Debb Hohl,
third-year marketing

"I'm going as a
doughnut."
Kyle Sakal,
*first-year police
foundations*



Smile Conestoga, you could be our next respondent!



(Photo by Paige Hilton)

Gerlinde Sattler, a Sahaja yoga teacher, said the exercise allows people to become connected to a spiritual energy that they are not usually aware of.

Chillax helps stressed-out students

By PAIGE HILTON

Nail-biting, insomnia and anxiety are a few of the many signs that a person is stressed out, and they definitely apply to me.

Fortunately, I had the opportunity to attend the Chillax workshop held by Student Services on Oct. 15 and learned some beneficial relaxation techniques.

There were four stations: deep breathing, Sahaja yoga, guided imagery, and progressive muscle relaxation. Sahaja yoga stuck out in my mind because I had never heard of it before.

Gerlinde Sattler, a retired teacher who now teaches the practice, explained this kind of yoga is focused around awakening the inner "mothering" energy, which we all have inside us.

It is focused around meditation rather than physical movement, and can be done anywhere.

The process Sattler took the group through took about seven or eight minutes. She asked everyone to close their eyes and directed us to repeat a mantra.

The healing part of Sahaja yoga is achieved by placing your own hand on certain places on your body. Sattler explained part of the practice is to heal the imbalances inside yourself, and to do this, all you must do is place your hand where the imbalance is.

After the process was complete, Sattler asked the students how they

felt. Many said they felt lighter, or felt either a hot or cold sensation from where their hand had been, even while holding it slightly above their head.

While I was participating in the exercise, I felt peaceful almost immediately. I was surprised at how quickly I was able to feel relaxed, considering how much stress I had been dealing with not a half an hour earlier.

I can imagine using this kind of yoga on a daily basis whenever I feel like I am getting overwhelmed.

For more information on Sahaja yoga, visit www.sahajayoga.ca.

Guided imagery was next on my list. Also known as visualization, it is a technique where a person imagines themselves in a different location, like a warm, sandy beach, or anywhere they feel happy and at peace.

We were asked to close our eyes and relax. Some people chose to lie down on mats. We were told to imagine ourselves in a relaxing scenario, while details were described to us, like cool, fluffy clouds, and warm sun shining down on us.

I found this station very calming. It almost felt like I was being hypnotized, and it was not difficult to become immersed in imagining myself on a sunny beach. I felt a million miles away from the classroom.

Student reaction at this station was good, although one student fell

asleep. Visualization is supposed to leave the person feeling energized, although it can be used for people who suffer from insomnia.

The deep breathing station taught students that in order to get enough oxygen in their system they must breathe from their diaphragm. As babies, we do this naturally, but once we get older we breathe in a shallow manner.

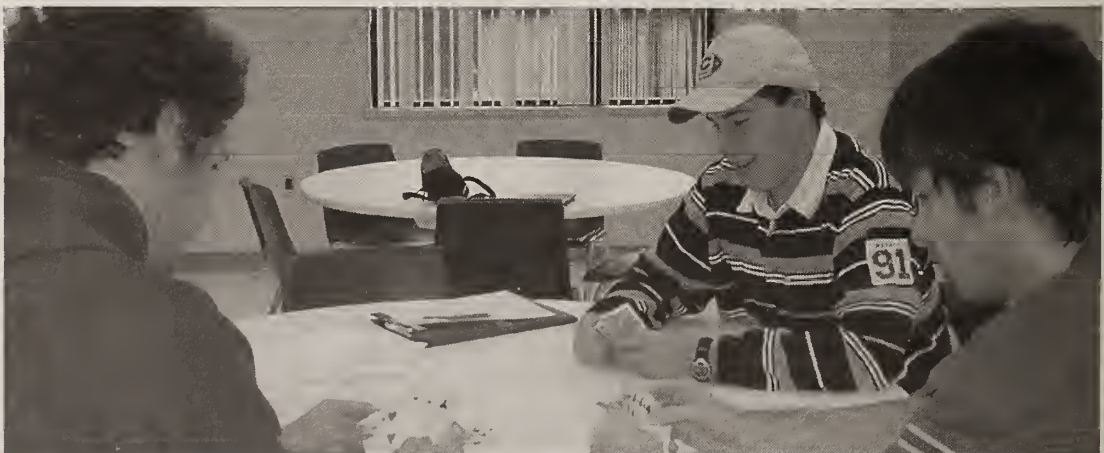
Deep breathing is something a person can do anywhere to stay relaxed and to get the oxygen their body needs.

Progressive muscle relaxation is an exercise that gets rid of the stress people keep in their bodies. Many of us hold our stress in our necks or shoulders, and progressive muscle relaxation allows us to release that tension anywhere.

It consists of a series of 16 different exercises that you can do anywhere, anytime. It is recommended that it is done for about 20 minutes every day to achieve total relaxation. This practice will also lower your blood pressure and heart rate.

All of the relaxation techniques taught at the Chillax workshop focused on being able to be relaxed at any time, not just while you are exercising. By practising one or more of these techniques regularly, you should be able to relax yourself in any stressful situation.

Student Services can provide more information on stress management and relaxation techniques. They are located in Room 2B04.



(Photo by Steph Baulk)

It's all in the cards

From left, Curtis Taylor, 18, Paul Poirier, 20, and Bogdan Matu, 20, play cards after one of their computer programming analyst classes was cancelled on Oct. 18.

Grab a mop and bucket

By ALEXANDRA MASTRONARDI

Students in residence will be doing a little more housework this year.

Housekeeping services in residence are now cleaning rooms biweekly instead of weekly as done in previous years.

The residence was never obligated to provide weekly cleaning services, said John Kobylnik, general manager of the residence.

"Weekly housekeeping was just something we at Conestoga decided to do."

Kobylnik said the residence is trying to stay consistent with the routines of other college residences in Ontario.

"It was just here and one other property doing it every week so we decided to do it every other week to offer equal services," he said.

Housekeepers are required to clean the kitchen and bathroom areas. They wipe down the counters, sinks and bathtub and clean the floors.

The cleaners are restricted from the bedroom area of the rooms and if the counter and sink is full of dishes, housekeeping will not clean those areas, said Kobylnik.

"Students are lazy and don't like cleaning ..."

*Ashley Sheppard,
resident*

"We don't want our housekeepers touching students' belongings," he said.

Although less service is being provided, the cost of living in residence will remain the same.

Ashley Sheppard, 19, a student living in residence, said she doesn't mind having biweekly housekeeping but it will create more work for the housekeepers.

"Students are lazy and don't like cleaning so now the rooms will be twice as dirty," she said.

A housekeeper for six years at residence, Ana Campos, said bi-weekly housekeeping is a bad thing for her and her co-workers.

"We are getting less hours now. Before we were done at 4 p.m. and now we are done at 3 p.m.," she said.

'Fest' like no other October

By ALEXANDRA MASTRONARDI

Unlike bars, at Oktoberfest you can do the chicken dance without getting laughed at, get drunk without getting thrown out, and wear hats with feathers.

The annual fest, according to party-goers at Queensmount Arena on Oct. 14, is the ultimate event of the year as it offers a unique party like no other venue.

A WLU student, Scott Weatherall, 21, said Oktoberfest is different than all the other events out there.

"You can go to a bar anytime you want but this is a different culture," he said.

"You get to enjoy some different music, different drinks and celebrate Germany's spirit, it's just a good time all around."

Tom Wibberley, 21, an employee at RIM Park in Waterloo, said he loves Oktoberfest as it offers him and his friends an excuse to drink and wear hats.

"When I go to the bar to get drunk I get tossed out like a set of leaves but here I keep on drinking and drinking and they keep on serving and serving."

Twin sisters Zoe and Whitney Averill, 20, students at WLU, said the only downside of the event was the \$5 drinks.

"The drinks are pricey but the event is still great, not just because of the boys, but you can wander around and find so many different groups of people," said the twins.

Geoff MacNaughton, 21, said his first Oktoberfest experience was better than he expected.

"You don't get a lot of fests anymore so this is great. You've got to love the beer and, of course, the chicken dance," he said.

Although party-goers agreed this was the event of the year, Oktoberfest chair of 12 years Steve Dreyer said sales are down from previous years.



(Photo by Alexandra Mastronardi)

Party-goers rev it up at Oktoberfest at Queensmount Arena.

"The decline is due to a variety of reasons, but a lot of it is the out-of-town market which seems to be dropping every year, although the local market is still pretty strong," he said.

For the Lions Club, which runs Altesmuchen Haus, an Oktoberfest hall at Queensmount Arena, this event is the major fundraiser every year, said Dreyer.

"With the money we make off this event, after we pay all the expenses, we essentially give back to the community in various forms whether it's to charities or people in need," he said.

"We help people that need a wheelchair or eyeglasses and one of our major fundraisers is with regards to seeing-eye dogs."

With all the drinking going on, the event called for a team of event staff and four police officers from the Waterloo Regional Police to monitor the party.

With an event like this there

will always be fights, said Const. Jeff Sauve.

"We're here to control any situations that get out of hand and stop drinking and driving."

Dreyer said the event ran smoothly with no major problems.

"The Thursday night crowd is usually pretty good," he said.

To prevent drinking and driving Grand River Transit offered buses until 3 a.m., there were shuttle buses that took students back to the college and Pepsi sponsored a designated driving program.

Conestoga Students Inc. (CSI) sold tickets for \$10, \$5 less than it costs at the door.

The general manager of CSI, Judy Dusick, said the Kinsmen, who

sponsor a Queensmount event, generously provided the college with tickets.

"We have sold about the same amount of tickets this year as in previous years, however, we are not offering tickets to surrounding colleges anymore," she said.

In previous years CSI offered tickets to college students from Mohawk, Fanshawe and other nearby colleges.



Hip-Hop Toberfest a new tradition

By JEN GALHARDO

Is anyone else tired of the same kind of Oktoberfesting year after year? Have you ever wished Oktoberfest would change, even just a little? If so, you're in luck! The radio station 91.5 The Beat has changed Oktoberfest forever.

Since 1969, Oktoberfest has always been a Bavarian festival. That is, until the launch of 91.5 The Beat.

According to Fletcher, the weekend DJ from The Beat, they wanted to get involved with the community and the events that are popular in the K-W area. As a result, they decided to get involved with Oktoberfest.

"Since hip-hop is the genre of music that we play, we figured that we would have an event called Hip-Hop Toberfest, celebrating Canadian talent and Canadian artists."

Hip-Hop Toberfest was held on Oct. 13 at the Kitchener Auditorium, with Canadian per-

formers such as In Essence, Keshia Chante, Kardinal Offishall and local artists Titus and Kama (Kamikaze), and was a great success.

There were approximately 3,000 people in the auditorium jamming to the sound of hip-hop.

Titus, a local artist who has been rapping since the age of 13, said his experience at Hip-Hop Toberfest was fantastic.

"From the reaction of the crowd, the whole vibe of the place, the sound of the music, the energy, it was awesome!"

When asked if he would consider performing again at Hip-Hop Toberfest, Titus said he most definitely would.

"I wouldn't even think twice to be honest," he said. "I had a great time."

Titus, who classifies his music as positive hip-hop, tries to attract anyone who enjoys urban music and his self-titled CD will be out in February 2005.

Hip-Hop Toberfest brought fans

from all around the area.

Stephanie Vieira, a 19-year-old Kitchener resident, said she thought the festival was good.

"It was a little too loud for my ears, but if it's free again next year I'll go."

Eric Muldoon, a 22-year-old Hamilton resident, said he thought the event was just great and would go again next year for sure.

Adam Finch, a 19-year-old student in architectural construction engineering technology at Conestoga College, said Hip-Hop Toberfest was very entertaining, especially In Essence.

"It made me a fan of their music," said Finch. "I'll go again next year if they have a good lineup of musicians."

The only way to experience this event was to win passes from The Beat. But why were the passes for this event so exclusive? According to Fletcher, it's the red carpet feeling of having tickets to something and your friends don't have them, and can't buy them either.

"Exclusivity creates hype. It makes the winners feel extra special."

For those of you who missed out on this year's Hip-Hop Toberfest,

you may be wondering if there will be one next year. According to Fletcher, there will absolutely be another one.

"We are starting a tradition!"



(Internet photo)

Titus, a new hip-hop artist, has a self-titled album coming out in February 2005.

Student fight a wake-up call

*Every school year there are
new hazards for students*

Students attend college or university knowing that there are risks – their textbook might get stolen, their car might get dinged or they might fail.

What they wouldn't expect is to be involved in a fight. Although not a weekly occurrence, when a brawl does take place, it can have serious consequences.

A fight occurred outside a student-house party in Waterloo Oct. 16, leaving one student unconscious and bleeding on the sidewalk.

The 20-year-old psychology student at Wilfrid Laurier University was taken to Grand River Hospital and later transferred to Hamilton General Hospital.

His injuries were so severe that homicide investigators and forensic officers are working on the case.

At Conestoga College's residence students have been exposed to violence as well.

A student living in the Conestoga Residence and Conference Centre has been told to get counselling after he threatened another student with a knife in September.

Every school year, there are new hazards for students, whether it's avoiding a Waterloo Park flasher or the football-team bully.

It's inevitable that student accommodations will swell from time to time with drunken, partying youths. It is impossible to be constantly studious.

But, our colleges and universities should be more than a place of studying and partying. They should also be a place of safety.

Today's youth should learn anatomy in sterile labs from open textbooks, not from a city sidewalk where a victim lies with open wounds.

Colleges and universities have codes of conduct to encourage students to behave, both on and off school property. If students become involved in a confrontation, their school career is placed in jeopardy with the possibility of expulsion.

You would think the threat of being expelled would keep students in line, even if most schools' bark is worse than their bite. Unfortunately, schools send a clear message when they encourage students to get counselling rather than banning them from the institution.

But, no number of security measures by city police or educational institutions can keep all of the area's 50,000 students lawful all the time. With school provisions in place and university security cruising the streets and campuses, students' lives are still in danger.

It is the alcohol and the hormones that keep students from practising logic 101.

It may be a challenge for our young community to excel in the studies of communication, psychology, theology and history. But it is our duty to each other to take the knowledge learned in our lectures and act with decency outside of the classroom.



Smoking ban not the answer

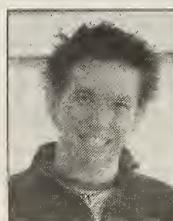
I don't smoke, I don't have children, I don't drive a car but I'm still horrified.

Ontario doctors are trying to ban smoking in cars that have small children on board, after the Ontario Medical Association released a report on Oct. 14 that said cars were up to 23 times more toxic than smokers' homes.

Why don't we just throw all the smokers into a big closet and tell them they can only smoke there to solve the problem instead?

It may seem a little cynical, but the rights of people who smoke aren't being considered, even though people believe smokers don't deserve any rights if they are infringing on other people's health.

I agree with the efforts being put forward to implement a provincewide ban against smoking in the workplace, which would include restaurants and bars. Employees shouldn't have to be subjected to deadly carcinogenic materials if they don't feel comfortable – it shouldn't be forced upon them. Yes, the same should go for children who are being accompanied by their chain-smoking mother



Ryan
Connell

Opinion

or father in a beat-up Volkswagen. However, at the same time, the rights and freedoms of people should be considered, even if they enjoy smoking like a chimney.

By trying to protect the health of people, including young children who are subjected to carbon monoxide and the effects of inhaling it, you are restricting people's rights and freedoms in the process. If such a ban was instituted, it edges the government closer to eventually banning smoking in homes. A home is someone's own domain, and a car is a person's own private space. Their personal space should be respected and there shouldn't be laws restricting them from what they can or can't do in the privacy of their own vehicle.

Aside from the dangers of smoking, actually enforcing the ban would be even more difficult.

Should we expect police officers to pull over drivers who are smoking in their cars that have children in them? What would the repercussions be for being caught? From the sounds of it, if the ban was implemented, it would turn into one of those laws that you never really see enforced, like jay-walking.

The government should be wisely investing money instead in: forming programs to help smokers quit; better education in elementary schools about the effects of smoking and how deadly the habit is, as a way to butt the habit before it begins; and educational advertising informing parents about the dangers of imposing smoking on their children.

Most parents probably don't realize that rolling a window down in a car to let smoke escape does nothing to prevent children from inhaling it. The smoke gets into clothing and the car seats, forcing children to breathe the smoke in regardless.

If parents are better educated, they can make a more informed choice when it comes to protecting their children's health – and their own.



Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 299 Doon Valley Dr.,
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(Photo by Jennifer Howden)

A clean sweep

Steve Rommelaere helps keep Conestoga clean by sweeping outside by the pond on Oct. 14.

Bus drivers need adjustment

I'm starting to have a real problem with the negative attitudes that emanate from overworked, tired bus drivers.

As a customer, I'm only paying for one kind of trip: the travelling kind, not the guilt one.

Some of these drivers make you feel like you're a burden, set out to make their lives miserable. You can be the most polite person in the world and it still wouldn't stop them from making you feel like you're an inch tall.

Paying a fare doesn't just include getting from point A to point B, but also the service. It may be a cliché, but most customers don't return to places where they've gotten bad service.

Most of my experiences with bus travel are exactly that: bad. Unfortunately, I don't have the option of walking away if I want to go home for a weekend.

Try being a passenger at a flag-down stop when it's dark outside. If you haven't got a flashlight and a good pair of flailing arms, prepare to take the blame if you get passed.

Part of a bus driver's job is knowing where these stops are and keeping



Chantelle Timperley

Opinion

their eyes open for people who may need to board. If you're a person who can't read minds, you get grief instead of an apology.

This has happened on a couple of occasions. Once another passenger on the bus told the driver he'd passed two people. His response was, "Am I supposed to go back and pick them up?"

The passenger told him it was his choice, to which the driver snapped back, "It's NOT my choice!"

He did end up going back, but after the people boarded and took their seats he called them idiots, thinking nobody heard what he said.

The drivers are the ones getting paid, and yet the passengers are the ones expected to do their jobs.

I've been on a bus where the driver was digging around for a map on the floor, not paying attention to the road.

We were about two seconds away

from being arse over applecart in the ditch, had he not noticed his mistake and jolted us back onto the highway.

Not only that, but he had the map sprawled out across the steering wheel after he managed to find it. Nevermind that he was responsible for the lives of 40 people. Then he was muttering curses under his breath at other drivers on the road for "not knowing how to drive."

A lot of drivers are incapable of being nice if you ask them questions. I've had troubles with local bus drivers with city transportation. I've gotten a fair share of attitude when I was new to the area and didn't know where I was going.

I thought asking questions to make everybody's job easier was the thing to do, but now I'm not so sure there is a definite way to do that. It seems the nicer you are, the rudier they get.

I want the most for my money, whether it's \$2.50 or \$80.

Not too many employers embrace the idea of treating customers badly. If you didn't have people paying to use your service, you wouldn't have a paycheque. I don't know why bus drivers seem to think they're above that.

LETTER TO THE EDITOR

Letter gives a different view on same-sex marriages

I am responding to your opinion article, Time to Embrace Equality, in the Monday Oct. 18 edition of Spoke. It is important that the views held by the "49 per cent" of Canadians who favour marriage in the traditional sense of a man and woman alone, are expressed.

This letter will speak specifically regarding arguments presented in the opinion article Time to Embrace Equality.

It is hard to know what is meant by "bombarded by hard-line 'experts' forcing their hard line views." There are experts who talk about the need for society to have a strong marital structure as a man and a woman in order for society's structure to be stable. There are experts who speak upon the consequences to children because of same-sex

marriage. They are speaking out to all of us because they have knowledge, which we do not have, regarding these issues. Could these experts possibly have more expertise and knowledge in these areas than any of us does? Should we just disregard them because they don't agree with us?

The government runs our society. Marriage is, and has been, the foundation of society for thousands of years. Therefore, the government has control upon marriage. What you eat for dinner, what TV program you watch, and how you part your hair has never been the foundation of society. Marriage cannot even be related to these subjects. If the government doesn't control marriage then it has released control of the foundation for society.

Regarding equality and the law (i.e.

"everyone has equal benefit to the law without discrimination"); we are now further from either of these than we ever have been before.

Man and woman, does not equal man and man or woman and woman. As soon as you give same-sex partnerships the same things as my marriage, then you make our two marriages (man and woman/ same-sex) unequal. You also discriminate against me by not allowing me to have a very special and specific relationship with my wife. You discriminate against me by making me share my marriage with something that is unequal to my marriage.

A proposal (supported by some marriage advocates, and rejected by others), is that same-sex relationships can get a "legal

recognition" that is different than marriage. Would this create more equality and less discrimination?

"What is the family?" It is the institution that holds our society together. It is the way for society to reproduce. It is the way for children to be raised.

No matter how many people struggle with family matters (i.e. absence of "domestic bliss") it does not change the fact that without family, what would there be? What would they have that can even compare to the family? A fragmented family is better than no family.

Thank you for your time and consideration of some of the views held by the other 49 per cent of us here in Canada.

Andrew Hartung



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Ramadan celebrated around the world

By TIM MURPHY

It's a time of prayer and fasting for Muslims all around the world this month, as Ramadan began on Oct. 16.

During the ninth month of the Muslim calendar, Muslims observe the Fast of Ramadan, which lasts for the entire month.

Maryam Akbari, 18, an early childhood education student at Conestoga College, said to her the month is a time of worship and contemplation.

"You have to be really respectful and nice to people," she said. "Basically, you've got to do good deeds, think good thoughts and be a good person."

Muslims fast during the daylight hours, and after sunset, are allowed to eat small meals and visit with friends and family.

The month of Ramadan is when it

is believed the Qur'an was sent down from heaven to guide mankind.

During the fast, Muslims are not allowed to eat, drink, smoke or have sexual relations during the daylight hours. At the end of the day the fast is broken with prayer and a meal called the iftar.

In the evening following the iftar many Muslims go out visiting family and friends. Upon sunrise, the fast then continues again.

The Qur'an says one may eat and drink at any time during the night "until you can plainly distinguish a white thread from a black thread by the daylight; then keep the fast until night."

She said the idea behind the fast is that people should realize that if they can be nice and follow being a Muslim for one month, they should always be able to.

Akbari said for some people however, the fast is simply family tradition, and holds no real meaning.

"I know a lot of people who fast for the whole day, and then when the sun goes down, they drink alcohol," she said. In the Muslim faith, it is forbidden to drink alcohol.

She said last year she visited an aunt in Iran during Ramadan, where the month-long fast is taken very seriously.

"From sun up to sun down, the restaurants would be completely closed."

During Ramadan, Muslims go to mosques and spend several hours praying and studying the Qur'an.

In addition to five daily prayers Muslims must make each day, during Ramadan Muslims recite a special prayer called the Taraweeh prayer, a night prayer. The length of this prayer is usually two to three times as long as the daily prayers.

Some Muslims spend the entire night in prayer.

"It feels like I'm connecting to what I am," Akbari said.

On the evening of the 27th day of the month, Muslims celebrate the Laylat-al-Qadr, the night of power. It is believed that on this night Muhammad first received the revelation of the Holy Qur'an. According to the Qur'an, this is when God determines the course of the world for the following year.

When the fast ends, it is celebrated for three days in a holiday called Id-al-Fitr, where gifts are exchanged and friends and family gather to pray.

"A lot of people cook for the poor, and go out on the streets with food for the poor," Akbari said.

She said her aunt brought a homeless family a portable heater. The family was living on a construction site, on a concrete floor with plastic sheets as walls, and they had no food.

She said this is only the second time she's fasted, as her family isn't strongly religious, and she is trying to find her roots.

"I'm just starting to connect with what being Iranian, and being Muslim, means."



(Internet photo)

An Islamic cleric performs a religious ritual in Sarajevo to celebrate Ramadan, the month-long Muslim holiday.



(Photo by Ryan Connell)

False alarm at the student residence

Firefighters climb back into their truck after responding to a false alarm at the Conestoga Residence and Conference Centre on Oct. 19. There was a brush fire nearby just off of Highway 401 which residence management believe somehow set off their alarm.

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i'm lovin' it™

Merger makes dollars and sense

The development and alumni relations department has raised more than \$1.8 million in its first year

By BRENT GERHART

The past year was a learning experience for Conestoga's development and alumni relations department.

For years, the two services operated out of separate offices.

However, on Aug. 1, 2003, they moved in together.

The merger increased the number in the department to five, with Monica Himmelman and Margie Williams coming from the alumni office and Ingrid Town, Antranik Tchakian and Izabela Piasecka-Latour from the development office.

Himmelman said helping create the new development and alumni relations department and being part of it has been very exciting.

"Although we are small in numbers," said Himmelman, "we are big in ideas and enthusiasm."

Himmelman said working with Town, who is the executive director, has been a pleasure.

"She has been very open with her ideas, vision and experience in the development area," she said, adding the department created a mission statement for donor-based development, and all members have input into the day-to-day organization.

"We also have lots of fun in our

organization," said Himmelman.

Since combining, the department has raised more than \$1.8 million, including \$20,000 from an annual fund request last December donated by college employees.

"Although we are small in numbers, we are big in ideas and enthusiasm."

*Monica Himmelman,
development and alumni
relations officer*

In addition to the employee donation, Conestoga received donations from corporations, foundations and organizations such as 3M Canada Ltd., Grand River Hospital, TD Canada Trust and more.

The department showed their gratitude by publishing a thank-you letter to donors in Connections, Conestoga College's alumni magazine.

Another donor report in Connections includes the 2004 Golf Classic.

On Aug. 23 Conestoga held its ninth annual Golf Classic charity tournament, which was held at Rebel Creek Golf Club in Petersburg, Ont. for the second

year in a row.

The Golf Classic's purpose is to honour the accomplishments of a Waterloo-Wellington business leader, as well as to raise funds to support the college's continued excellence in education.

The 2004 honouree was John F. Wood, president and CEO of W.C. Wood Company Ltd. in Guelph.

The event raised \$80,000, the most successful Golf Classic to date.

Not all of the proceeds go into the department or even Conestoga, as some are used to sponsor the Welcome Home Award, which is awarded to a first-year student who has at least one parent who is a graduate of Conestoga College.

After a successful first full year together, the development and alumni relations office will focus on raising the profile of the department within and outside the college community by initiatives such as meeting with program advisory committees and further promoting the establishment of bursaries.

The development and alumni relations office will distribute the Welcome Home awards at their annual general meeting on Nov. 10 at the Doon Campus in the Guild room.



(Photo by Brent Gerhart)

Monica Himmelman, Conestoga's development and alumni relations officer, is proud of the accomplishments achieved by the development and alumni relations office in its first year of existence.

Women's Resource Group Photography Contest

In remembrance of the women who died Dec. 6, 1989 at Ecole Polytechnique in Montreal

Deadline:

Nov. 12, 2004

Entries:

Current students of Conestoga College may enter photographs promoting the theme, Positive Relationships, and all it encompasses, including reflections of support, kindness, harmony, peace and tolerance.

Fees:

None

Prizes:

\$150—\$100—\$50.

Rules:

All photographs must be the original work of the entrant. Each entrant may submit 2 photos.

Judging will be based on the photograph's emotional impact as well as composition, originality and technical quality.

Entries can be black and white or colour, and taken with a 35mm or digital camera, but must be submitted as 4" x 6" prints. All entries will become the property of the Women's Resource Group and winning entries will be published in Spoke and announced on CJIQ.



Submit your entries, clearly labelled
"Photography Contest," to:

Student Services
Room 2B04

All entries must include the student's name, student ID number, Program, e-mail address and phone number.

Women's Resource Group

Women's group celebrates 10 years at Conestoga

By JUSTIN BASTIN

The Women's Resource Group will celebrate a decade at Conestoga in the blue room of the cafeteria on Oct. 27.

From 3:30 to 5 p.m., guests can come and educate themselves on current women's issues through various forms of media.

"We're going to have displays and a DVD production of some of the events that we have sponsored over the 10 years," said Barb Kraler, a member of the group.

The event will include refreshments, door prizes and a cake cutting at 4 p.m.


The Women's Resource Group is an organization that gets funding from the government to organize events and provide educational

resources regarding women's issues.


The group's main focus is raising awareness about violence against women and promoting anti-violence.

Every year the group sponsors a dinner for International Women's Day at their Waterloo location. They also organize a ceremony on Dec. 6 in remembrance of the women who died at Ecole Polytechnique in Montreal. They also invite numerous speakers to talk on current issues regarding women and members organize contests. This year it will be a photography contest with a theme of non-violence.

Kraler said the group encourages everyone to come out, including students.



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Staff member retires after 26 years at the college

By JEN GALHARDO

After 26 years, Conestoga College staff bid farewell to a respected member of the admissions team. On Sept. 30, Leona Watson retired from the college.

Watson began her career at the college in continuing education as a part-timer at the Cambridge campus. Soon after she received a nine-month position in the registrars office, where she was then hired on in the records and admissions area. Eventually Watson worked only on admissions and dealt only with the business schools.

During her time at the college, she was able to witness the school expand and undergo a variety of changes and developments.

When she began working for the college, there were only rotary phones which did not have any hold buttons.

"It was a riot! Hopping from desk to desk to answer the phones because no one could put their phone on hold," she recalled.

According to Jennifer Leith, a registrar, Watson was very compassionate and helpful to the perspective students.

Leith, who worked with Watson for about nine years but was associated with her for about 17 years, says Watson had a second sense about the admissions process for the business programs which were her primary responsibility.

According to Leith, Watson also had a great wit, which kept everyone in the office laughing, and was a really dedicated worker who had a great ability to balance professionalism and humour.

"We certainly will miss her incredibly, that's for sure."

Leith says she admires how Watson was able to deal with the stress of her personal life and yet do her job well and with such professionalism.

Leanne Powell, an admissions officer who worked with Watson for 20 years, says she admires her perseverance, her ability to face her personal problems and yet maintain a smile on her face.

Powell says Watson is warm, caring, funny and is always laughing.

Powell says she and her co-workers will always remember the lunches they shared with Watson and how she always had so many stories to share.

A story that Leith remembers Watson telling is when her husband took a stomach pill and she advised him to wash it down with water. He then grabbed what he thought was a bottle of water, but unfortunately, was a bottle filled with vodka that she had planned on taking to the boat they owned.

"Those are the kinds of side-splitting things that would come out of her that were just so hilarious," says Leith.

At the present time, everything is not so joyous for Watson. She says one of the reasons she took early retirement and didn't have a big send-off is because her son, who is in the navy Down East, is quite ill with Lou Gehrig's disease.

"I would just like to say that I enjoyed working with everyone that I worked with and I am going to miss them all" she says. "Everyone was very good to me."



(Photo by Tim Murphy)

Quan Reeve and her son, Jack, like to maintain an open door policy in their home for friends, neighbours and international students.

An open door makes for an open mind

By TIM MURPHY

Quan Reeve keeps her front door open to neighbours and friends, including international students looking for a home.

Reeve, a married mother of two, and a communications student at Wilfrid Laurier University, participates in Conestoga College's international student homestay program.

"It's great for my kids to be aware of other people," she said, as her young son Jack scurried around the living room floor.

Reeve said she and her husband Dan began taking in international students last January, after having dinner at a friend's house. The Reeves' friends were hosting an

international student, and Quan said the student seemed really enthusiastic and fun.

"They had an album, and it seemed like a really cool thing," she said, so she contacted the international education office of Conestoga College.

The first student they hosted was a 23-year-old from China.

"His English was fantastic, so it was a little bit easier to talk to him, and he loved the kids," she said.

She said the next student, who came from Saudi Arabia, wasn't as pleasant to host at first, but in the end they became very attached.

"He was very dominating in the way he talked," she said. "He came from a very rich family, he had three maids, housekeepers, and even a driver."

She said he was shocked to find he was expected to clean his own room and prepare his meals.

"He was really weirded out that I would drive, because women from his country don't drive," she said.

In the end, she said they ended up "falling in love," and he appreciated what he learned.

"He had never vacuumed before, or did his own dishes," Reeve said. "He felt afterwards he was a better man."

She said the experience benefited everyone.

"It's kind of fun just learning. We'd debate about religion, little things about women," she said. "It was never a bad thing, just understanding how their mentality is."

Currently living in their house is Mike, a student from China. Reeve said his English is a little bit weaker, which makes her aware of using slang.

"I've seen him say 'Oh my God,' which is funny, because it's a little bit slangish," she said.

She said Mike and the Reeves' children get along well.

"In ways, they're really at the same level trying to learn English, so he likes to read Jack's books with him."

Reeve said it makes her feel good that her boarders can enjoy her children as much as her children enjoy them.

"I think Jack enjoys it, he bugs

Mike to go play video games with him all the time. It's really cute."

Reeve said she is sure she will continue to participate in homestay, as her family enjoys it.

"We just have a great time," she said.

Angelina Gorni, housing adviser and activities officer at Conestoga, said there are currently 34 homestay families with students, and about 100 families with the program in total.

Gorni said families can take on students for the entire school year, or for short-term, two-week international summer student programs.

She said to be part of the homestay program, applicants need to provide personal and professional references, as well as a police check and a home visit.

Gorni said the home visit checks for health and safety issues, acceptable furniture, utilities and security.

"The room needs to be an acceptable size, it can't be a closet," she said.

The home needs to have appropriate smoke and carbon dioxide detectors, as well as a window in the student's room big enough for the student to climb out of in case of a fire.

Homes also need to be no more than a 45-minute ride by bus from Conestoga.

She said they look for families who have a genuine interest in having a student.

"We look for families who are looking to host a student because they are interested in the diversity of culture," she said.

Gorni said many families bring the students along with them when they go on vacation, sharing themselves and their time, not just their home.

For students to be involved in the homestay program, they must pay a monthly fee of \$600. The students receive a room, three meals a day, snacks, laundry and electricity.

"It's not a landlord-tenant agreement," Gorni said. "Homestay is when a family opens their home to a student, and it's a culture immersion for the student and for the family."

COUNSELLOR'S CORNER: Suicide

When we are going through difficult times, it may seem hard to believe the pain will ever end. Suicide may seem like the only answer to problems. People who have considered suicide may feel helpless, desperate, or that there is no hope in their lives. If you are thinking that life is unbearable, or you are wondering if a friend may be suicidal, here are some warning signs to consider:

- **Talk of** – escape, having no future, being alone, feeling hopeless or helpless, suicide, death, or plans for suicide;
- **Feelings of** – desperation, hopelessness, disconnection from family and friends;
- **Situation** – relationship problems, work problems, school/failing grades, trouble with the law, family breakdown, sexual/physical abuse;
- **Physical Changes** – lack of interest/pleasure in all things, lack of physical energy, disturbed sleep, loss of sexual interest, loss of appetite;
- **Behaviours** – alcohol/drug abuse, fighting, lawbreaking, emotional outbursts, dropping out of school, prior suicidal behaviour, putting affairs in order, giving away prized possessions to friends and family, telling final wishes to someone close, a sudden and unexpected change to a cheerful attitude, behaviour that is out of character (i.e. a cautious person who suddenly becomes reckless)

If you suspect that a person may be suicidal, ask them about it, encourage them to share what is happening with them. Talking about suicide with someone does not support suicide; it only shows that someone cares about what they are going through.

Suicide is a permanent solution to a temporary problem.

If you feel that any of this information applies to you or someone you know, ask to speak to a counsellor in Student Services.

A Message from Student Services

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WILL THE SCARECROW SCARE YOU?

By JENNIFER ORMSTON

Before the six students in Conestoga College's scarecrow-making 101 continuing education course began working on their Halloween craft, the teacher told everyone to stop what they were doing and pay attention.

There are two rules in this class that must be adhered to, said instructor Terrie Burton with a matter-of-fact voice.

"Number 1, don't burn yourself. Number 2, have a good time. If you follow number 1, chances are number 2 will not be hard to do."

This lighthearted introduction set the tone for an afternoon full of wisecracks and hard work.

When I signed up for the class, held at the college's Waterloo campus on Oct. 2, I had no idea what it would entail. What I did know was for \$65 I would make a child-sized scarecrow in a three-hour period.

My expectations were low until I spoke with Burton on the phone; her lively attitude and southern accent intrigued me and helped to ease my concerns regarding my lack of artistic ability.

She explained the objective of the course was simply to make a scarecrow and learn how to do it so if you desired you could make a yard full of them.

The production was much more tedious and laborious than I had expected.

First, I crumpled up countless pieces of newspaper, the stuffing for my scarecrow. Needless to say, I accidentally coated my arms with

black ink and even managed to smudge some on my cheek. But it was worth it since the use of paper rather than straw increases the longevity of the decoration and eliminates the risk of an insect infestation.

The stuffing was put into garbage bags, although the words "garbage bag" were taboo in the class; instead, they were referred to as scarecrow patterns.

With the scarecrow patterns cut and filled it was time to tear off copious amounts of duct tape, used to bind the limbs to the body.

My scarecrow, which was almost as tall as I am, was bulky and its flailing limbs made it difficult to maneuver.

It wasn't until I finally held him up that I realized one leg was almost a foot shorter than the other.

"Uh-oh," I said as I looked around the room and realized many of my peers were already dressing their scarecrows.

Burton burst into hysterical laughter when she saw my mistake.

"Don't worry about it, we'll just cut off the other one and make them even," she said, her scissors already busy amputating my poor scarecrow.

My next setback was his wardrobe. Despite Burton's repeated instruction to push excess air out of the garbage bag before sealing it, my scare-

crow pattern was clearly over inflated and too bloated

jeans, putting their entire body weight into it, Burton joked she had not had a fatality in the course, yet.

The fun began once the clothes were on.

We were taught how to make hair from orange and beige raffia, eyes, noses and mouths from black felt and straw hats decorated with wild flowers and autumn leaves.

Although each person was taught the same techniques, six distinct scarecrows left the building at the end of the day.

Of course, I liked mine the best!

It was clear Burton adores her job from the enthusiasm

and atten-

tion she gave her students.

It is rewarding to see people look at their work with a surprised expression when they realize they can do it, she said.

However, a downfall to the profession is dealing with the hot glue gun.

"Really, most of my job-related stories have to do with the glue gun," she told the class with a chuckle that piqued my curiosity.

"I had a woman last week who probably burned herself 10 times and I'm talking you remove the glue and skin comes off with it kind of burns. But she told me after class she had a ball."

Another lady burned her fingers and immediately put them in her mouth to relieve the pain, burning her lips and tongue as well. She returned to class the following week with a swollen lip.

Despite the occasional injury, Burton's fun-loving nature and clever crafts have created a following. She has many repeat students who she calls her groupies; they follow her from class to class.

Elaine Grierson, a student in the scarecrow class, is a Burton groupie. She took a Halloween wreath course last year and she said couldn't pass up the opportunity to take another course with Burton. She has also signed up for the Christmas swag class in November.

I will admit that I too fall into the groupie category. I have already enrolled in a second class with Burton, this time to make Victorian Christmas wreaths.

Burton, who loves holidays in general, said decorating for Halloween is one of her favourite times of the year.

She recommends holiday-themed continuing education courses to students in particular because younger people are generally on a tight budget.

"If you go to a store you may see a scarecrow on sale for around \$20, but if you come to my class I'll give you the know-how to make them by yourself forever," she said.

As we began to tidy our workstations, Burton commented the popularity of Halloween has grown dramatically over the past five years.

"It used to be you could put a sheet outside on a stick and call it a ghost. Now you can buy elaborate three-metre-tall decorations."

But she also said decorating does not have to be expensive. Students should try discount stores if they are looking for holiday supplies.

Burton could not pass up the opportunity to tell one more joke before our class adjourned, so as we headed towards the door she held up a garbage bag and said, "What is this called?"

Everyone responded in unison, "a garbage bag."

"Wrong again, it's a scarecrow pattern," she said with delight.



to fit into his tight denim jeans.

Once again, Burton came over with her trusty scissors in hand.

"Don't take any pictures of this," she said as she punctured holes into the body, her arm moving up and down in a stabbing motion.

Even with the air out of my scarecrow pattern, getting the pants on was a two-person job. As the students forcefully pulled on the



(Photo by Jennifer Ormston)

Continuing education student Wanda Foertsch says she felt the scarecrow-making class was great value for her money. The class cost around \$65, including most supplies.



(Photo by Jennifer Ormston)

Instructor Terrie Burton admires a scarecrow made by one of her pupils in scarecrow-making 101, a continuing education course put on by Conestoga College.

People with STIs need support

By JANET MORRIS

Sexually transmitted infections (STIs), once called sexually transmitted diseases, are among the most common infections found today.

A report from Health Canada said the highest rate and increase in STIs occurs in people ages 15 to 24.

Young adults have the greatest chance of getting an infection, especially if they have unprotected, unsafe sex.

This does not mean people from different age groups cannot contract an STI.

There is more to consider than treating the physical side effects of an STI.

A Conestoga College counsellor said the best thing people diagnosed with an STI can do is learn about the effects of STIs and keep communication open with sexual partners.

"Education is the best weapon against sexually transmitted infections," said Shawna Bernard from Student Services. "It will help a person who has contracted an STI make choices in their treatment and relationships."

Bernard said she thinks anyone who is diagnosed with any disease goes through stages of loss.

"There is an initial shock and depression a person goes through as well as a stage of anger. This can create stress and strain on relationships," she said.

Bernard said people who have STIs may feel embarrassed or ashamed and can sometimes withdraw from those around them.

"It would be helpful for a person with an STI to seek counselling," she said. "They are going to need support and guidance."

Sometimes a person who has been diagnosed with an STI loses some of their personal comfort, said Bernard.

"They can sometimes live with the fear of not having a healthy sexual relationship ever again."

*Shawna Bernard,
student services*

"They can sometimes live with the fear of not having a healthy sexual relationship ever again."

Bernard said people who have an STI may also feel isolated and anxious around others.

"They may feel apprehension towards new relationships for fear of rejection or a lack of understanding," she said, adding it takes time for people to adjust and accept their diagnosis.

"Some people I have treated thought it would never happen to them and it can be quite overwhelming to cope with this change in their life."

Bernard encourages people who think they may have an STI to first seek medical attention and support.

"The health office here is wonderful for providing treatment and advice when someone has been diagnosed with an infectious disease," she said.

The college counsellors are available to help with relationships, stress, depression, grief and much more.

"Sometimes people are too embarrassed or frightened to ask for help or information," said Bernard.

According to a study from the National Institute of Allergy and Infectious Diseases, most STIs are treatable.

The earlier a person seeks treatment and warns their sexual partners, the less likely the disease will be spread to others, cause irreparable damage or, in the case of a woman, be passed on to a newborn.

The study also states that it is up to the individual to learn more about STIs and make choices to minimize the risk of acquiring and spreading STIs to others.

Honesty and openness with sexual partners and a person's doctor can be very important in reducing the incidence and complications of STIs.

Cool bikers keep warm

By DENISE MULLER

With all these sunny days so late in the season, it's hard to put the motorcycle away just yet. But just because it's sunny, doesn't mean it's warm, especially not at 100 km/h. Warmth is important.

Linda Repas, 19, from Zdeno Cycle on Victoria Street in Kitchener, said it's always important to wear your gear, no matter what the weather conditions are like.

"People say they'll never ride in the rain, they'll never get stuck in the rain, people say they'll never ride in the snow," Repas said.

But it's bound to happen.

Let's face it, fall is here. It may be sunny, but the question is for how long? It may be warm, but only between 11 a.m. and 2 p.m. If you plan to be out riding, the proper gear is important. Layers just aren't going to do the trick.

Christina Spina, 26, from Tri-City Cycle and Sport Inc. on Weber Street in Waterloo, said most casual clothes, like cotton sweaters, don't breathe.

"When your body heat rises, you're going to get hot, then you're going to get wet," Spina said.

"It's not going to be comfortable."

If out driving in the fall or even the winter, you'll want something warm. But you'll also want something waterproof and breathable. A little padding, like the basic elbow, shoulder, back and knee armour, wouldn't hurt either.

Spina said Rhyno has very warm gear that can be worn into the winter, but the padding isn't very good.

"I can't find one single jacket that has it all," she said.

Repas said the ultimate jacket would have to have liners in it, be thermal-insulated and wind resistant but also be breathable as well as waterproof.

She said Rhyno has very warm gear, but suggested a jacket by Joe Rocket.

The Joe Rocket jacket is called Alter Ego, and is a three-in-one jacket that can be used in the summer and fall.

"It offers a mesh jacket for hot riding and is very breathable," she said.

The mesh jacket can be covered with the armour and used as a winter jacket to block the wind. Finally, there is a removable liner on the inside. The whole thing is wind resistant, waterproof and breathable.

Pants are also very important.

Spina said most of the first-time buyers who come into Tri-City are often unaware of what they need as far as pants and boots are concerned.

"But you should get it all," she said. "Because why are your arms more important than your legs?"

Just because a company has come out with a jean or leather riding pant, it's still a good idea to wear them overtop of regular pants for double the protection, said Spina.

Joe Rocket has four riding pants, two for the summer and two for the winter, Repas said.

One looks like a jean and comes with a fleece insert. They cost \$130 at Zdeno, she said.

The other pant is waterproof, comes with knee pads and is triple-stitched.

"If you were to hit the asphalt, it wouldn't rip as easy," Repas said. The pants also have triple and re-enforced knees and hips.

She said these pants are \$180 at Zdeno.

Repas said Kevlar is always a good idea for riders, because it has more features than a standard leather jacket.

"If you were to go in rain with leather, it's very heavy and it's more brittle," she said. If it's raining and you have an accident, the leather will shred.

Kevlar is the same material used in bullet-proof vests. It's also cheaper than leather.

Spina recommended leather over Kevlar.



(Photo by Denise Muller)

Christina Spina, 26, shows off her favourite motorcycle gear at Tri-City Cycle and Sport Inc. in Waterloo.

"Nothing beats leather," she said.

Something you might want to consider if you do go out and buy anything leather; kangaroo hide is 2.5 times stronger than cow hide, when skidding along the pavement. It's also more expensive and few manufacturers use it.

She said Gortex is also good but rarely used. She also suggested to stay away from anything nylon and said plastic armour doesn't really offer much protection.

Spina said a lot of companies claim their gear is waterproof, but that doesn't necessarily mean it is.

"(Joe) Rocket offers a lot of, let's say, 100 per cent waterproof, windproof, breathable jackets, but a lot of companies will tell you that."

"That doesn't necessarily mean it's true."

She said a good way to see if gear truly is 100 per cent breathable, windproof and waterproof is to open a vent and press your hand up against the back of the vent. You should be able to see a white material through the mesh. That material is called a membrane.

Don't forget the little things when gearing up.

Fingers and ankles may seem unimportant in the grand scheme of riding, but they're really a big deal.

"If you're flying off a sport bike at 100 or 200 km/h and you're rolling, a lot of people recommend boots with a round backing," Repas said. "And the ankle, you

want it as stiff as possible, so it's not bouncing in your shoes."

And bike boots are warm. Your winter boots are probably warm too, but do they offer the same protection?

Motorcycle boots are clean, free from laces and other hoopla that could get caught on something on the road, or worse, something on your bike.

"Your ankles are one of the first things that will break, besides your fingers," said Repas.

The last thing you want to be doing is riding in the cold without gloves.

Repas suggested spending a good part of your money on gloves. She said that leather is overall the best choice.

After all, your fist instinct when falling is to stick your arms out in front of you.

She said Zdeno has all kinds of different gloves, including four-layer leather gloves, thermal-insulated gloves and gloves with breathing holes, just to name a few.

Leather dickeys with zippers and fleece liners are also available to keep your neck and chin warm, but a balaclava will do the trick as well.

Repas said Zdeno has gear available for all seasons, in all sizes and colours, all year long.

Spina said she converts to winter gear in October, and switches back to street in March. She said the best time to come to Tri-City for selection would be from March to June.

SUICIDE PREVENTION WORKSHOP

Thursday, October 28th
1:30 - 3:30 p.m.

Location: 2E24

FREE Information Session for
College Employees and Students

MOSCOW, A VIBRANT CITY

By JENNIFER ORMSTON

This is the third part of Jennifer's travel series recounting tales of her summer vacation to Eastern Europe. When she left off, her tour group was in St. Petersburg.

Flying from St. Petersburg to Moscow, a short domestic flight, should have been hassle free. However, as our small group of seven trekked through the airport, each person saddled with a plethora of carry-on bags and oversized suitcases, we were clearly asking for trouble.

The officials at the check-in counter were unsympathetic to our tour director Amber's pleas to overlook our weighty luggage. Collectively, the group's bags were 200 kilograms more than the limit.

The indirect blame game immediately began among our companions. Bob and Ursula Harper, a couple in their late 70s from Boston, proudly declared they had weighed all their luggage prior to departing from the United States and were certain their bags were underweight.

New Yorker's Fran Condon and John Hanks had a scale sent to their hotel room that very morning to confirm their bags were not too heavy.

Four down, and only my father and I were left.

As my dad and I twiddled our thumbs, pretending not to hear the subtle insinuations about our hefty bags, Amber finally came to a settlement with the corrupt airport officials. She agreed to pay an exorbitant fee for our luggage to fly, and not a minute too soon; we had nearly missed our flight!

Regardless of this rocky send-off, we safely arrived in Moscow without further to-do.

The majority of our time in the city was spent in and around the Kremlin, a red-bricked fortress that epitomizes Russian military might.

Our first stop was Red Square, the highlight of the entire journey for my father who had been raised



(Photo by Jennifer Ormston)

St. Basil's Cathedral is known worldwide for its exotic exterior - a combination of red bricks and colourful onion-shaped domes. At one time the building was white with gold domes.

during the tumultuous Soviet rule over Russia. During that era, the communists held dramatic military parades in the square to commemorate May Day and the Russian

Revolution, with its political elite standing by Lenin's mausoleum.

Prior to the communists, the Russian czars also enjoyed annual pageantry in the square on Palm Sunday. At one time, executions were even held there.

Not being highly informed about May Day or the history of Red Square, I concentrated on more pressing issues, like shopping.

The world-famous GUM department store lined the eastern side of the square. Said to rival Harrods in London, I was eager to make my way into this three-storey shoppers' paradise.

As I roamed through the corridors, glancing in store windows at elaborate displays, I was thrilled by everything, except the prices!

The building's interior was stunning. My cold body was warmed by the sunlight radiating into the mall through its glass roof. Gourmet food stands and gorgeous fountains lined the halls.

My father had more luck shopping than I did. He purchased a royal blue, rhinestone-encrusted Faberge Egg charm for my mother, a replica of those cherished by the imperial family.

Back in Red Square, the cold front that had hit our group in St. Petersburg was still taking its toll. My body was freezing. I had searched in vain for a pair of gloves

in GUM; however, since it was the middle of May the stores had already put their winter collections away.

The only thing that distracted my thoughts from my numb fingers, if only for a few seconds, was the multicoloured St. Basil's Cathedral at the southern end of the square.

Architecturally, the cathedral was reminiscent of the vibrant Church of our Saviour on the Spilled Blood I had seen days earlier in St. Petersburg. However, as I stood in the middle of the approximately 500-metre-long square, I was struck by the magnificence of the vividly coloured onion-shaped domes that haphazardly adorned the roof of the cathedral.

Our next stop was Lenin's tomb, which rested in a pyramid-shaped, red granite mausoleum on the western side of the square.

Seeing the embalmed body of a politician who died in 1924 was not high on my to-do list. But, once again, my dad was eager so we waited in a line of more than 100 people for what seemed like a decade.

I soon discovered my cynicism was uncalled for as our trip into the depths of the mausoleum was surprisingly entertaining.

Once visitors reached the front of the queue they had to travel down a darkened stairwell to reach the tomb. Guards attentively lined the stairs, ensuring everyone adhered to the strict code of silence.

At almost 80 years of age, Ursula, who wore thick glasses, struggled with the descent. She relied on her husband Bob to guide her and neither used quiet voices as they tried to make their way. Curt guards, unsympathetic to the visually impaired, rudely reprimanded them at every turn. The scene was so amusing my father and I could not control our laughter and I feared we would all be thrown out.

Finally, we made it to the bottom and came face to face with Vladimir Lenin, a man who significantly altered the course of Russian history.

Ahead of our group an elderly woman was standing by the late communist's side, her hands clasped in prayer.

I tried not to be insensitive; however, the mummified Lenin was amusing to see. His long red moustache was impeccably groomed and his hands and face were so creamy he looked like he belonged in Madame Tussaud's wax museum.

Back outside and roaming around the flawlessly manicured Kremlin,



(Photo by Jennifer Ormston)

The massive Czar Cannon sits inside the Kremlin walls, however, it has never been used to defend the Russian fortress.



(Photo by Jennifer Ormston)

Jennifer's father holds a unique Russian Matrushka doll outside Lenin's tomb. Unlike the traditional dolls that have peasants painted on them, this doll depicts five legendary Russian leaders, including Lenin, Stalin and Gorbachev.

THAT IS LARGER THAN LIFE

I admired one spectacular building after another. More than half of the premises were not accessible to the public since the Kremlin is the official residence of President Vladimir Putin, but there were still a myriad of things to see.

The golden-domed churches and bell tower in Cathedral Square are masterpieces both inside and out.

But, by this point in the trip, I was tired of wandering through damp churches and musty museums, so a highlight was seeing the largest bell in the world and the famed Czar Cannon.

Our local tour guide informed us the 200,000-kilogram Czar Bell, sitting outside the Ivan the Great bell tower, had never been rung although an 11,000-kilogram section did fall off its side. The enormity of the bell was brought into perspective when a young girl stood beside it.

The massive 40,000-kilogram cannon, built to protect the gates into Red Square, had never been fired.

Moscow's nightlife offered a wide array of entertainment possibilities, from world-class opera and ballet performances to nightclubs and bars.

One night our group went to see what some consider the most celebrated ballet company in the world, the Bolshoi Theatre, where the accomplished ballerinas received a standing ovation for their performance of Don Quixote.

Despite the glamour and pomp of the ballet, my most memorable evening in the city was spent at a different world-famous event, the Moscow State Circus.

Russians have received international acclaim for their circuses, which date back centuries. During the Soviet era, the communists financially backed the circus, as it was an activity people from all

walks of life could enjoy.

The big top was sold-out the night we attended by tourists munching on over-priced popcorn.

As the lights dimmed, I was amazed by the precision and ability of the flying trapeze artists, dressed in psychedelic outfits, who worked as a team in the dark room, lit only by strobe lighting. They gracefully flew from one swing to another while performing unbelievable stunts and catching each other in mid-air.

Astonishingly muscular men performed balancing stunts while supporting their entire body weight on one hand from miniscule platforms. Beads of sweat forming on their heads, running down their faces and dropping to the ground were visible.

The clowns, acting out their typical routines, pulled never-ending handkerchiefs from their pockets and tripped over massive shoes.

The audience was delighted when one joker came into the ring pulling a wagon full of groomed French poodles that ran through hoops, used each other as hurdles and jumped over the clown's head.

Next, chimpanzees driving a miniature red pickup truck made their way into the arena. The crowd went wild as the chimps, dressed in suits complete with top hats, bow ties and cummerbunds, performed tricks like standing on one hand and juggling two balls.

The animal's trainer, sporting similar attire to his cohorts, encouraged them with treats and praise until one ornery chimp decided to rewrite the script. Instead of following his master's lead, the monkey lunged into the first row of the audience.

With that the trainer pulled out his whip and proceeded to flog the chimpanzee. The women in my group fidgeted in their chairs, aghast by this barbaric display.

Monkey business aside, everyone had fun at the circus; well, that is everyone except Bob.

Once the group had reconvened on the bus, Bob rummaged through his camera bag to make sure his three cameras, one digital, one film and one video, were accounted for.

An anxious expression overtook his usually jovial face as he realized his video camera was missing.

He immediately recalled an unusual occurrence when he exited the building. A young woman had blocked the doorway with her body and wouldn't let him pass, while a robust man pushed against him from behind.

When Bob and Amber filed a police report they were informed the thieves were probably professional pickpockets who used that scheme to distract tourists, making them vulnerable to theft.

And so, after an action-packed visit to Moscow, our little group, minus one camera, boarded a plane out of Russia headed for the Ukraine.

Pick up a copy of next week's Spoke as Jennifer ventures into Kyiv.

RUSSIAN FACTS

Language: Russian

Capital: Moscow

Religion: Russian Orthodox, Muslim, other

Politics: Communists came to power following Russia's defeat in the First World War and formed the USSR. In 1991 this system collapsed and the USSR was divided into 15 independent republics.

Economy: It is heavily export based.

Currency: Ruble



(Photo by Jennifer Ormston)

GUM, Russia's largest department store, is in Red Square, outside the Kremlin. It houses a wide variety of stores, including souvenir shops and high-end stores like Christian Dior.



(Photo by Jennifer Ormston)

Although the Czar Bell is known as the largest bell in the world, it could also win a record for the least amount of use. It has never been rung.



(Photo by Jennifer Ormston)

The Cathedral of the Annunciation, built in the 15th century, is a central church in the Kremlin's Cathedral Square. The interior is decorated with frescoes, murals and carved pillars.

Donkeys need their privacy, too

By MELISSA HANCOCK

Publicity from the media may not always be beneficial, even if it's your main source of advertising.

Many people are not aware of the Donkey Sanctuary of Canada (DSC) because its founders would like to keep it that way, sanctuary worker Jackie Haas, 24, of Guelph said.

Founded in August 1992, the DSC is located on a 100-acre farm just outside Guelph, and is currently the home of more than 40 donkeys from across the country.

Haas said sanctuary owners Sandra and David Pady are more than happy to have visitors to the farm, but have experienced slight problems in the past.

"We have people come here and spend the entire day on the farm," Haas said, "and they don't even make a donation."

She said the DSC is strictly a not-for-profit organization and is only interested in the welfare of the animals.

"We depend on those donations though."

The official website for the DSC states that the Pady's purchased their farm so that Sandra Pady could make her dream of rescuing animals a reality.

"When Dudley, their youngest poodle, accidentally killed one of the neighbour's lambs while playing, Sandra was devastated. Concerned about the welfare of the sheep, she contacted a friend who

told her that donkeys could be placed with sheep to act as guardians. The friend, Jy Chipczak, the founder of the Rare Breeds Conservancy, offered to let her foster three of the conservancy's donkeys.

"Sandra's first opportunity to rescue a donkey came unexpectedly. A neighbouring farmer had bought a

donkey to guard his goat herd. When the little donkey proved an ineffective guardian, the neighbour saw no use for him and confined him, alone to a stall, where he remained lonely and despondent.

"When she learned about the donkey, she arranged to purchase him. Sebastian became the first

donkey rescued, however, he was not to be the last.

"Shortly after, she learned about 12 donkeys slated for an equine auction. When she heard these donkeys would be sold to a slaughterhouse if no other buyer appeared, she took them in as well."

"They're here to retire and have a good life."

*Jackie Haas,
Donkey Sanctuary
of Canada employee*

Haas said it's really a fine line when it comes to the whole privacy issue of the farm and one of the biggest ways people hear of the DSC is when articles are published in newspapers.

"People forget that this is still a private farm," Haas said. "It is open to the public for a certain amount of time."

The DSC is open to the public on Wednesdays and Sundays from May 1 to Thanksgiving.

Visiting days are over for now, she said, but they are always looking for volunteers. In the fall and winter months a core group of about five or six people volunteer their Saturdays to the farm. Feeding, grooming and cleaning the barn always need to be done, but depending on the volunteers' schedules, they may only have three people show up.

"In the spring we have lots of visitors," Haas said, "but we close

now because people don't want to be out in this weather."

Haas lives right on the farm, her doorstep within feet of the main barn, and she said it has made the experience even more enjoyable.

Every summer, the Pady's hire a student to work on the farm, Haas said. The native of Montreal is currently attending the University of Guelph and majoring in wildlife biology.

"I've been working with animals for 12 years," she said. "All the donkeys here are really great, but they're not here for my enjoyment. They're here to retire and have a good life. I do appreciate them."

Surprisingly, there are donkey sanctuaries all over the world, Haas said, one of the largest being in Britain.

The DSC has an adopt-a-donkey program for those who have the space.

Haas said they also offer a program for people to donate money for a specific donkey living on the farm. Before she began her work at the DSC, she made a donation for her first donkey, Monty, while living in Montreal.

A photograph and an annual report of the donkey is sent to the home of the person who makes a donation along with several newsletters throughout the year.

An annual donation can also be made for the costs of maintaining the farm.

For additional information on the DSC visit www.donkeysanctuary.ca.



(Photo by Melissa Hancock)

Every Saturday during the fall and winter months, volunteers, like this woman who did not want to be identified, spend their day at the Donkey Sanctuary of Canada, located in Guelph.

Loveable pets wait for good homes

By BENJAMIN RICHMOND

For as long as they've been sharing the planet together, people and animals have been forming close bonds with each another.

Some people consider their pets friends, loved ones or even part of the family. Others, however, neg-

lect their pets and get rid of them if they become a problem.

The Kitchener-Waterloo humane society receives pets from families that are unable to keep them. The humane society mainly takes in cats and dogs, however they occasionally get in rodents, reptiles and birds.

The majority of the dogs brought in are about eight to ten months old. This is because people buy the dogs as puppies because they are cute. Once the dogs get older, and people realize the responsibility involved with owning them, they don't want them anymore. Hence, the dogs are dropped off at the humane society, so they can be adopted by a loving family.

Cats and dogs are also picked up as strays by animal control officers, and if they are unclaimed, they also become eligible for adoption. The humane society handles about 8,000 animals a year. They adopt out about 2,000 of those animals, and the rest are claimed by their owners.

Ward McAlister, the general manager of the Kitchener-Waterloo humane society, said all of the pets get an equal opportunity to be adopted. How long an animal stays depends on how full the shelter is, and there is usually enough room for all the animals that come in.

McAlister has trained animal behaviourists on staff to take care of the animals' physical and mental health. "It's easy to keep a dog or cat in good shape, but they're mentally stimulated, so they don't go cage crazy," McAlister said. The animals are stimulated by the volunteers who walk the dogs and play with the cats.

There are currently about 300 volunteers at the humane society who not only spend time with the pets, but also help clean and maintain the shelter. The volunteers care

for the animals to help them adjust to their time in the shelter. It is a traumatic experience for a pet when it is taken out of its home, and put into a shelter with other animals.

McAlister said pets are never more stressed than when they come into a shelter. Because of this stress level, some animals get cage aggression and become unadoptable.

"We can never reduce the stress level. It's just impossible. The best we can possibly hope to do is manage it."

The stress and aggression of the animals are expected by the humane society, however sometimes an animal doesn't adjust to the shelter. When this occurs, the humane society has no other choice but to put the animal to sleep. McAlister said there are only so many homes for the abundance of animals in the area.

"We never, ever, ever profess to be a no-kill shelter. In my belief, there is no such thing as a no-kill shelter." Before resulting to euthanasia, the humane society may trade an unadopted animal to another humane society to give it another chance for a home.

For example, if they had three German shepherd dogs, it would be difficult to adopt them all. Thus, one of those dogs might be traded for another hard-to-place animal from another shelter. The Kitchener-Waterloo humane society works with the humane societies in Cambridge, Guelph, Brantford and Hamilton.

People who want to adopt a pet

have to go to the humane society and fill out an application for the desired animal. The applicants are then screened by an employee of the organization. McAlister said a lot of people are turned down because they want to adopt a pet on impulse.

For example, someone goes to the shelter looking for a Jack Russell terrier, but they change their mind when they see a German shepherd. McAlister adds his employees are looking for people who know what they want and are committed to owning the pet they adopt.

"You're being interviewed from the moment you walk in the front door." By interviewing the applicants, the humane society knows the pet is getting a good home.

To help control the plentiful pet population, the humane society makes sure every cat and dog that leaves the shelter gets spayed or neutered, or the pet is adopting the pet are given a prepaid voucher to get the animal fixed.

The humane society is a private organization that receives no public grants from any level of government. Some of their funding comes from the City of Kitchener, who contracts the humane society for animal control of the area. Aside from their city contract, the humane society gets the rest of their funding from the adoptions of the animals and donations.

The humane society encourages anyone seriously interested in adopting a pet or making a friendly donation to stop by the shelter, which is located at 250 Riverbend Dr. in Kitchener.



(Photo by Benjamin Richmond)

Karen Kennedy, an animal care attendant, spends time rehabilitating a seven-year-old Pomeranian named Ginger at the Kitchener-Waterloo humane society.



(Photos by Ryan Connell)

And the winner is ...

Former MuchMusic VJ Tony Young, also known as Master T, was the guest judge at the CSI Idol competition on Oct. 20. He did a question-and-answer period with the audience, answering various questions about his past job at MuchMusic and his future. Business management student Adam Fridenburg, 20, was crowned as the winner of the competition.

See next week's Spoke for the full story on the CSI Idol competition and an interview with Master T.

Read a good murder mystery this Halloween

By DAWN HASSON

I never would have thought when I picked up the book *Naked Prey* that one murder would actually lead to a string of violence as well as some great characters.

John Sandford knows how to weave a modern murder mystery like no other. *Naked Prey* is just one of his great works.

With his central character, Lucas Davenport, Sandford takes us into the heart of a criminal investigation. In small-town Broderick, a couple has been hanged naked. The man is black and the woman is white. Davenport and his partner, Del Capslock, are assigned to investigate and try to prove whether it is a lynching. What they find and who they meet change the

whole course of the story.

Letty West, a young 12-year-old with an alcoholic mother, was out trapping muskrats and raccoons when she found the bodies. Almost instantly, she becomes an integral part of the case. But someone doesn't want her to know too much.

Then there's Loren Singleton. He works for the police department in Broderick and is constantly hindered by his abusive, cold and malicious mother. He knows love for the first time in his life from dating Katina Lewis, who works for the local car repair shop run by Gene Calb. But even the shop isn't all it seems. Throw all these things together, and it is hard to see how a small town like this can continue to thrive and grow economically when the state police are unravel-

ing a story that will keep you with a hand ready to turn the next page.

From a murder mystery to a drug bust to a short love story, Sandford has a little something for everyone.

A quick twist at the end will make you want to read his next book, *Hidden Prey*. It is available in book stores or at your local library. If you decide you like Sandford, he

has 14 other books out. The titles range from *Sudden Prey* to *Secret Prey* to *Mind Prey*, and so on. Only one of his books, *The Night Crew*, does not have *Prey* in the title.

Club Renaissance is K-W's one and only

By JUSTIN BASTIN

Club Renaissance in Kitchener is the only place in the K-W area with the title of "gay bar."

The club on King Street's main drag has been in business for a decade (since July 9, 1994) and is the only club of its kind that has managed to survive for any length of time.

Fran, who refused to give her last name, is the co-owner and manager of the Renaissance. She attributes the lack of nightlife for homosexuals to a lack of steady clientele.

"People like to go out of town, one weekend they might be here and the next three weekends they're in Hamilton, London, Toronto and you can't survive on that kind of business," she said. "It's very hard because there just isn't enough people."

On the other side of the coin, Fran says the Renaissance itself owes its existence partly to the influx of people from neighbouring cities.

"We do get a lot of people from out of town," she said. "That's probably what helped us stay around for so long."

The Robin's Nest, a gay bar in Cambridge, shut down last month.

The city took over the building.

"It's the old horticultural building and I think (the city) felt it could be put to better use," said Fran. "They (the club) were only open once a week. That was part of the problem."

The Robin's Nest is looking for a new location to rent in Cambridge.

They are currently renting various places until they can find a permanent home.

Because the Renaissance is one of the only clubs of its kind, it must cater to a wide variety of tastes.

Prices are geared towards students. There is no cover charge Wednesday to Sunday and a \$2.50 fee is charged Friday and Saturday.

There are pool tables, video games, a dance floor and food as well as a multitude of theme nights and special events.

Nov. 18 will see the arrival of The Jane Wanes, a country dyke band from Toronto. The concert will be held in conjunction with All That Glitters is Gold, a drag show held every Thursday.

Club Renaissance is located at 24 Charles St. W., across from the Kitchener bus station. For more information and driving directions visit www.clubrenaissance.com.

PEER SUPPORTED LEARNING GROUPS HELP FIRST-YEAR STUDENTS MAKE THE GRADE IN HIGH-RISK COURSES.

Wouldn't it be great to be part of an organized study group that meets regularly, that really works, and is FREE?

Learning Groups are designed to pair the effectiveness of senior peer-facilitated learning with the power of collaborative group study. Under the leadership of a tutor, learning groups provide an opportunity to study with classmates on a weekly basis. This group reviews notes, discusses readings and important concepts, develops problem-solving strategies, and learns tips on studying and time management.

If you are having difficulty in any of the following courses make a point of dropping into the next scheduled learning group.

BUSINESS MATH 1 –
Mondays @ 2:30 Room 3E25 & Thursdays @ 12:30 Room 2E16

FINANCIAL ACCOUNTING 1 –
Thursdays @ 1:30 Room 3E27 & Fridays @ 9:30 Room 3E25

MET MATH 1 –
Thursdays @ 1:30 & @ 2:30 Room 2E18

CIVIL MATH 1 & STATISTICS –
Tuesdays @ 2:30 Room 2A621

CIVIL PHYSICS 1 –
Wednesdays @ 2:30 Room 1D17

EET Telecom & CET MATH 1 –
Wednesday @ 3:30 Room 2A618

PRACTICAL NURSING A&P –
Mondays @ 1:30 Room 2D22

BScN A&P –
Mondays @ 11:30 room 3E14 & Tuesdays @ 11:30 Room 3E37

ECE CHILD DEVELOPMENT –
Wednesdays @ 10:30 Room 3A620

GAS HO CHEMISTRY & BIOLOGY –
Tuesdays @ 12:30 Room 2E26

To make an appointment for learning strategy assistance or for more information on Peer Supported Learning Groups, visit the Student Services Office.

A Message from Learning Strategies

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The world remembers the man of steel

By MIKE BORS

Christopher Reeve played the role of a hero throughout his life. Be it as an icon made of steel in blue tights or as an icon in a steel chair with wheels, he always showed us that little bit of courage we sometimes lack. So, when Reeve died on Oct. 10 of an infection caused by a bed sore, it was no surprise that the world mourned the loss of a hero.

Reeve, who was 52, became a movie star in 1978 when he played the title role in Superman and its three sequels. Although he had few screen credits to his name, director Richard Donner realized Reeve's ability to be stoic as the man from Krypton and humble as his feeble alter ego, Clark Kent.

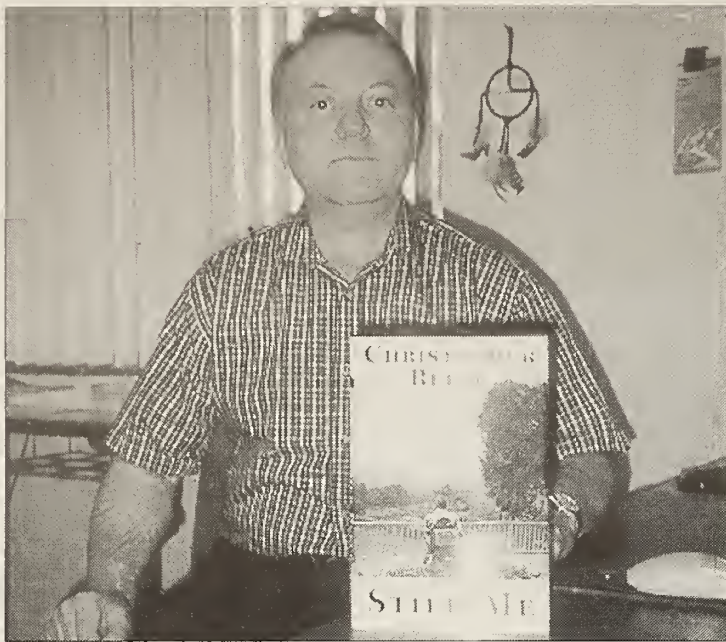
Although Reeve became famous thanks to his role in the Superman films, his subsequent movies did not give him much notoriety and he seemed well on his way to comic punch-line oblivion à la Adam West or William Shatner.

That all changed in 1995 when a horseback riding accident left Reeve paralysed from the neck down.

The injury proved to be the catalyst for Reeve's greatest contribution to this world, hope. He would become the foremost advocate for stem cell research, testifying before a U.S. Senate subcommittee, as well as related agencies in favour of federal funding for the research.

In late 1995 he joined the board of directors of the American Paralysis Association (APA) and in May 1996 he became its chairman. Also in 1996 he and his wife Dana started a non-profit organization dedicated to fighting paralysis caused by spinal cord injuries called the Christopher Reeve Foundation (CRF).

In 1999 Reeve announced the merger of the APA and the CRF into the Christopher Reeve



(Photo by Mike Bors)

Charlie Matjanec of disability services said he was saddened by the news of Christopher Reeve's death.

Paralysis Foundation (CRPF) and that he would serve as chairman of the board. The CRPF encourages and supports research to develop effective treatments and a cure for paralysis caused by spinal cord injury and other central nervous system disorders. The organization also donates a portion of its resources to grants that improve the quality of life for people with disabilities.

Reeve continued to work in Hollywood after his injury. As an actor he starred in a made-for-TV update of Alfred Hitchcock's *Rear Window* and made several guest appearances on TV shows such as *The Practice* and, in an obvious wink to the fans, *Smallville*, a show about an adolescent Clark Kent.

He made his directorial debut in 1997 with HBO's *In the Gloaming*.

The film was nominated for five Emmys and won six Cable Ace Awards, including Best Dramatic Special and Best Director.

Reeve wrote two books on his life after the accident, *Still Me* and *Nothing is Impossible*. Both books were New York Times Bestsellers and Reeve won a Grammy for his spoken word recording of *Still Me*.

Charlie Matjanec, employment adviser of Conestoga's disability services, said the day Reeve died was a sad day for him. "He changed a lot of people's attitudes towards disability."

Reeve had to make a decision regarding life and death, Matjanec said, and he made the decision he wanted to live for his wife and his children.

"He didn't shy away from the limelight," he said, "he gave others hope and that's invaluable."



"Horror"scope

Week of Oct. 25, 2004



Aries
March 21 -
April 19

You have a creative side but you don't let it out enough. Try carving a pumpkin and see how it appeals to your senses.



Libra
September 23 -
October 22

Ride off on a broomstick into the full moon with your flirtatious self. You have been so charming and romantic towards that special someone and this week you will have that returned twofold.



Taurus
April 20 - May 20

You are an animal lover and generally a lucky person. Steer clear of the black cats walking in front of you or they'll turn your good luck around.



Scorpio
October 23 -
November 21

Trick or treat? You'll be better off if you take the trick. You might learn a valuable lesson or at least one you won't forget.



Gemini
May 21 - June 21

Your life has been a bit of a rocky horror picture show recently. The commitments keep piling up and you're barely staying on top of them. No worries, a break is just around the corner.



Sagittarius
November 22 -
December 21

There's no need to be scared. Roll down those windows and blare Micheal Jackson's *Thriller* to relieve that anticipation and stress.



Cancer
June 22 - July 22

Your sweet tooth keeps lingering over things you can't afford. Take one step back and look at all that you have to feast upon. Try finding new love in your old favourites.



Capricorn
December 22 -
January 19

Go easy on the Halloween treats and sugar. Save those treats for the little ghouls and goblins coming around on the 31st; better in their hands than yours.



Leo
July 23 - August 22

The prankster in you is dying to let loose. Thankfully you are always full of ideas and this is the perfect time to misbehave a little.



Aquarius
January 20 -
February 18

Costumes and masks are where it's at this week for you. Don't cover up your natural bubbly personality with disguises - let it shine through.



Virgo
August 23 -
September 22

Get in touch with your inner ghoul and become a little mischievous with the surprise you are planning. The effect will be so much better if no one knows what you're up to.



Pisces
February 19 -
March 20

You are a night owl and you are most productive when you have others nearby. A good idea to keep up that productivity is to let your best work come out after the sun goes down.



Janet Morris is a 2nd-year journalism student in tune with the universe.

Waterloo gets animated

The fourth annual animation festival hits the city on Oct. 27

By JASON SONSER

Fans of animation don't need to look any further for an opportunity to experience some of the best the industry has to offer.

The Waterloo Festival of Animated Cinema (WFAC) is returning for its fourth year to the area, and it's bringing with it a strong program.

The festival will last from Oct. 27 through Oct. 30 and will be occupying two theatres in the area. Galaxy Cinemas at Conestoga Mall will host the festival for the first two days and Princess Twin Cinemas will have the festival for the remaining days.

Joseph Chen, the curator for the festival, said there will also be an interesting film from Africa called *The Legend of the Sky Kingdom*, which is made from junk and stop-motion animation.

"I think that also (what will be) remarkable will be the Tidbits section, which is our collection of shorter films where we're trying to show that animation is a narrative

form and we're encouraging people to try to use it," Chen said.

There will also be a *Midnight Madness* part of the festival, where people can see three films for the price of one. *Midnight Madness* will be happening on Oct. 29.

WFAC is an annual animation festival which, according to Chen, is wholly dedicated to the art of animation and to the promotion of animation art as a way of making films.

Chen also said the purpose of the festival is to show people that rather than looking at animation as a genre, that mainly incorporates cartoons, it is a much broader field.

He said the cost of putting on the animation festival costs tens of thousands of dollars. Included in the price are screening costs, promotional costs and guest costs.

Chen said there will be a few special guests at this year's festival who will be present at their respective films. Morita Shuhei, director and writer of *Kakurenbo*, and Sajiki Daisuke, also a writer for *Kakurenbo*, will be in attendance as will Brett Ingram, the director of

Monster Road.

Tickets for this year's WFAC are \$10 per movie and can be purchased at the door or on the festival's website. There is also a \$75 pass that allows access to all movies and events. It is only available online.

Chen said this year's festival hasn't changed much since last year, except there's a little more of everything this year.

Chen also said this year's festival has a very strong Japanese animation component.

"This happens to be a very good year for the Japan animation films to come out, and the program's going to reflect it," he said. "I think we're going to have a lot of excitement from the Japanese animation fans."

Chen has high hopes for this year's festival.

"I think there's a little bit of that in everyone despite what they say. I hope to see people out there who are interested in sharing with us and enjoy the very best that the animation field has to offer."

WFAC's website is www.wfac.ca.

Second round of intramural sports underway

By JON YANOFF

The second session of intramural sports is set to begin at Conestoga College's Doon campus over the next two weeks, as slo-pitch and flag football are wrapping up.

Co-ed basketball, co-ed volleyball, non-contact ice hockey and ball hockey are the sports students can play.

A \$200 bond is needed to form an ice hockey team and a \$30 bond is needed for the other intra-

mural teams. There was a captains' meeting Oct. 20 at the recreation centre where these bonds were handed in. The bond is held and returned at the end of the session provided teams show up for all their games.

Colleen Holmes, an employee of the recreation centre, said she hopes lots of students come out, play and meet new people.

She said ice hockey goalies are needed because there always seems to be a shortage.

Students who don't have enough

players to form a team can still sign-up. They will be placed on one of the individual teams for each sport.

All of the sports begin at 4:30 p.m. Monday to Thursday. Times are subject to change based on the number of teams in each sport.

The same sports will be held again at the beginning of the second semester of school in January, during the third session of intramural sports. The only difference will be that co-ed indoor soccer will take the place of co-ed basketball.



(Photo by Alexandra Mastronardi)

John Yungblut, 19, fills out a form for intramural ball hockey. Co-ed basketball, co-ed volleyball and non-contact hockey will also be starting up.

Local game raises interest and funds

By JANET MORRIS

Kitchener-Waterloo has its own version of the famous Monopoly real estate game.

Of the 4,500 Kitchener Waterloo On Board games ordered, 3,000 were purchased before the game hit the shelves and almost 300 games were sold in the first week of sales.

The game is available at all local Sobey's, Canadian Tire stores, the Centre in the Square and the Waterloo Regional Children's Museum.

It is not likely that the game will be reproduced this year and quantities are limited said Mary Joy Aitken, manager of development and marketing at the Centre in the Square.

"I think the game will be sold out by late November as the response has been so overwhelming and fantastic," she said.

The Centre in the Square has produced the game to raise funds for two centre-related projects.

One is the elementary school ticket program and the other is a new community ticket program for people in Waterloo Region who

can't afford tickets. It is set to launch next winter.

Instead of the railroads, Boardwalk and Park Place this game has local landmarks such as the Kitchener Rangers, University of Waterloo, Wilfrid Laurier University, the Kitchener Farmer's Market, Grand River Transit and Oktoberfest symbols.

"It really enhances playing the game; you really do notice where you're going and which space you land on," said Aitken.

Forty landmarks on the board game have been sponsored by local businesses.

Sponsorships ranged from \$1,000 to \$10,000 depending on which part of the game was purchased and are good for the next five years the game is produced.

The two \$10,000 sponsors received the six spaces formerly known as chance and community chest and were purchased by the City of Kitchener and the Centre in the Square.

Peter Benninger Realty purchased all of the houses and the Walper Terrace Hotel sponsored the hotels.

The focus of the game centres on the banker's tray. The Investor's Group bought the tray for \$7,500.

The only way other businesses can get in on the fun is to wait for five years or until next January when the Centre puts their spot up for sale.

The players' pieces include a beer stein, a Kitchener Ranger hockey player, a Conestoga wagon, and a graduation cap.

The local images in the centre of the playing board and box cover are local images that help to reinforce the cultural identity of Kitchener-Waterloo said Aitken.

"It's a great community project and it enhances everybody's awareness of the essence of Kitchener-Waterloo," she said.

Half the profits come from sponsorships and the other half will come from the game sales.

Games cost \$24.95 each to produce and are selling at \$39.99, which Aitken said is a good deal compared to other specialty Monopoly-style games.

This fundraiser is expected to raise \$60,000 to \$80,000.

Games were produced by Help On Board, a company that provides fundraising solutions and has had similar games produced for more than 17 Canadian cities.

For more information about the game, visit www.centre-square.com/kwonboard.html or call Aitken directly at 578-5660, ext. 239.



(Photo by Janet Morris)

Mary Joy Aitken holds a copy of Kitchener Waterloo On Board, an "opoly-style" local real estate game aimed at raising funds for two of the Centre in the Square's community projects.

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*Capital Paving	*Going Places Cruise & Resort Agency	*Municipality of Bayham	
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Local athlete travels bumpy road

By NICOLE DEAK

A local athlete's chance to compete in the cross-country provincial finals could be crushed because of school rules.

Brent Gerhart, a second-year journalism student and longtime cross-country runner is being held back from competing because Conestoga College does not have a track and field team.

Gerhart has been running for seven years. He started running the 1500 metre in high school and eventually was able to run in a 10-kilometre race. Gerhart got into cross-country running because he said he felt he wasn't gifted in sprint. Instead, he had to work on his abilities in long-distance running.

Last year, Gerhart spoke to Marlene Ford, Conestoga College's athletic director, and attempted to start up a cross-country team. However, his efforts were unsuccessful. He approached Ford again this year about his options and has run into problems.

"It wasn't in her budget and she asked me to get a list of people who were interested," said Gerhart. "I only had four or five people e-mail me about starting a team,

and I felt that wasn't enough."

Gerhart was told last year he needed a minimum of 10 people to start a team, but this year he took it upon himself to train and get to the provincial finals.

Senior convener of the Ontario College Athletic Association (OCAA), Joe Cannon, told Gerhart he wasn't able to go to the meet in Cambrian College in Sudbury because Conestoga College doesn't have a track and field team, and also because there is no one from the college to accompany him to the event.

"I can train myself just as well as anyone can train me," said Gerhart, so he isn't looking for a coach, just a representative of Conestoga to go with him to Sudbury.

The final decision rests with OCAA. Ford is trying to help by sending the organization e-mails advocating on Gerhart's behalf.

Gerhart still hopes that someday the college will have a cross-country team and feels the college isn't willing to try new things. By cutting varsity hockey he said the college has some extra money.

"It's not like cross-country takes up a lot of money. All you have to do is get a team together," said Gerhart. "They're just too afraid to spend any money."

To have a successful cross-country team, the school will require a bus or a van, a coach, which Gerhart has offered to be, and people who are willing to participate.

Cross-country running is a mixture of heart and talent, something Gerhart has lots of. He also needs a lot of determination if he is going to make it to the final.

"I wouldn't be happy if I couldn't run," Gerhart said. "This will be proof that I'm better than everyone else."

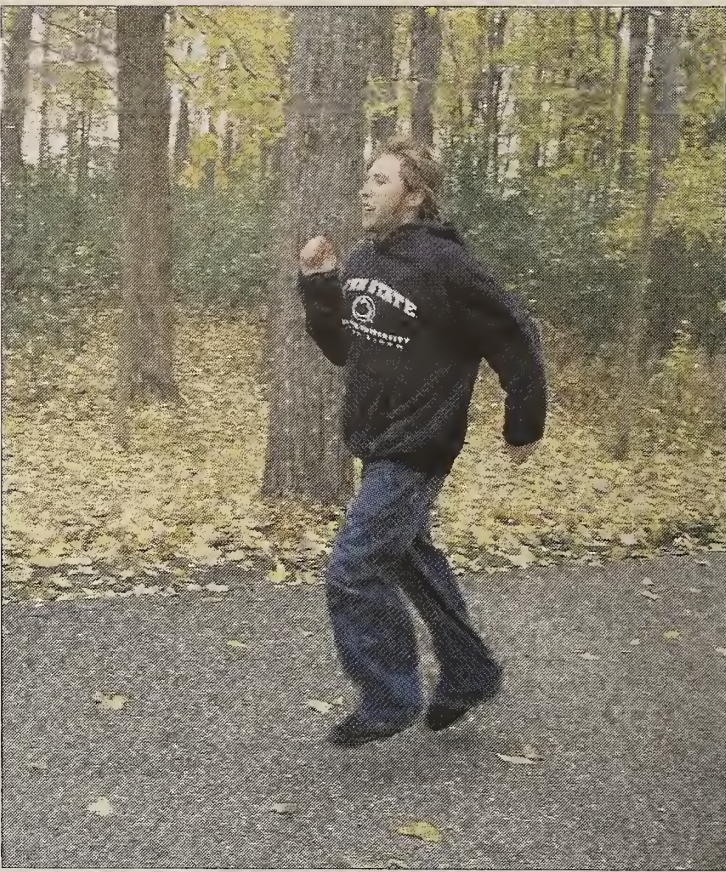
The race is scheduled for Oct. 23 in Sudbury. Colleges competing include Fanshawe, Loyalist, Mohawk, Redeemer and Seneca.

About 100 students are participating in the eight-kilometre race, which OCAA has run since 1978. High hopes have been set by Gerhart, and if he is able to go to the meet, he plans on learning as much as possible.

"I feel I can use this experience to see where I can get," he said.

If there is a cross-country team next year, Gerhart said it would be something new and different for the college.

"I think it would be a good step for the college. We need to establish spirit at this school, that's something we don't have."



(Photo by Nicole Deak)

Brent Gerhart, a second-year journalism student and longtime cross-country runner, practises outside Conestoga College.

Ken Caminiti represented the good and bad in baseball

By JAMES CLARK

As a child, baseball to me was the smell of bubble gum and the excitement of visiting the SkyDome to see players like Roberto Alomar and Joe Carter grinding it out on the field.

Today my image of baseball has changed dramatically. Now I see monstrous millionaires, who appear as though they have spent half of their lives in the gym working out and the other half at a lab getting injected with performance enhancing drugs.

Ken Caminiti was one of those players who, unfortunately, had a role in both of these worlds.

On the field Caminiti could wow anybody, old and young, by sprawling out to catch a line drive or by hitting a towering home run.

Off the field Caminiti resorted to steroids to help him improve his game. Unfortunately, he also experimented with other drugs. In 2001 he was found guilty of possessing cocaine and was sentenced to three years' probation. Just one week before the former National League most valuable player died he was found guilty of violating his probation and was sentenced to 180 days in jail.

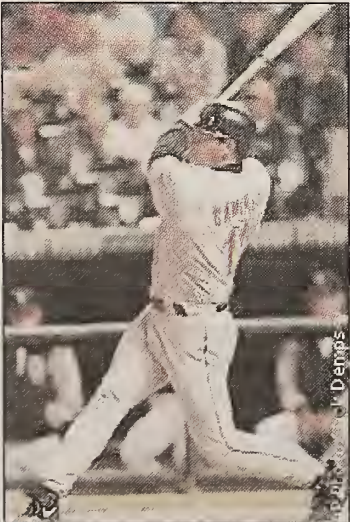
Caminiti was found dead Oct. 10, 2004, in New York, at the age of 41.

His agent-lawyer Rick Licht said Caminiti died of a heart attack, although these claims could not be confirmed by the medical examiner until a toxicology report came back.

It is just one more bash for baseball, although it is much more serious than Sammy Sosa's corked bat, or Pedro Martinez pushing 72-year-old Yankee coach Don Zimmer to the ground.

For the last few years baseball has faced the problem of dealing with performance-enhancing drugs being used by players.

Barry Bonds, the man who holds the single season home run record and has potential to break the all-time homer record, has consistently faced allegations of doping for the last few seasons. Just two weeks ago a voice, reported to belong to his personal trainer, claimed Bonds used undetectable performance-enhancing drugs in the 2003 season.



(Internet photo)

Ken Caminiti, a former National League MVP, was found dead Oct. 10 in New York.

Major League Baseball currently tests athletes for steroid use, but the penalties are not very stiff, due to protests by the players union. A player who fails one test must to take counselling. If caught five times the player will be suspended for one year.

Many people, including Commissioner Bud Selig, have criticized this penalty system, say-

ing it will not deter players from using steroids.

Selig says drug use has a detrimental effect on the institution of baseball, and he is right. What happens, if in five years, Barry Bonds has broken the home run record and it is proven he took steroids half of his career?

It is a question that remains to be answered. One thing is for sure, action has to be taken for the sake of Caminiti, a man who estimated that nearly half of major leaguers took steroids during his career.

Caminiti began his career in 1987 with the Houston Astros. He also played for the San Diego Padres, helping them win a division title, and finished his career with the Atlanta Braves in 2001. During his stint in the majors he hit 239 home runs, drove in 983 runs and had a career average of .272.

In 1996 Caminiti became only the third player in National League history to be unanimously nominated for the most valuable player award. He later admitted to Sports Illustrated that he had used steroids during that season.

When I was a child Caminiti represented everything that baseball meant to me - diving for a hard hit ball, charging a bunt, gunning the runner out at first and even occasionally stealing a base. His drive to win led him to make poor decisions, but he shouldn't be judged by his faults. I, for one, will choose to remember Caminiti's drive and his intensity on the field, not his mistakes.

If anything is learned from the death of Ken Caminiti, it is that drug use is a problem in baseball and necessary steps need to be taken to make sure more players don't ruin the game, let alone their lives.

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